

Low Fat

SPECIAL DIETS SERIES

CELEBRATING
YOUR
CHOICES

WHOLE
FOODS
MARKET

Roosevelt Square Store, Pacific Northwest Region

Whole Foods Market is excited to bring you "Celebrating Your Choices," a series of shopping lists and information for those on special diets. We believe that food should bring pleasure along with good health, and these guides are intended as a resource to help everyone experience as many healthy, natural food choices as possible. Items on this list contain 3g of fat or fewer per serving. Check out our website for more information about low fat foods:

<http://www.wholefoodsmarket.com/specialdiets>

The information provided in this shoppers list is only a guide to help you identify products that may meet your dietary needs or preferences. It is not medical advice. We have included products on this list based only upon information provided by the manufacturer. In addition, while we are attempting to keep this information accurate and up to date, please be aware that ingredients in products may change from time to time. You should always read the actual product label before purchasing a product. Also note that there is no guarantee of the absence of cross-contamination in any product. If you have any questions, you may contact us at WFMSpecialDiets@wholefoods.com.

Baking Needs

Arrowhead Mills

- Buckwheat Pancake and Waffle Mix
- Buttermilk Pancake and Waffle Mix
- Multigrain Pancake Mix
- Spelt Organic Flour

No Pudge

- Fat Free Original Fudge Brownie Mix

Beverages

365 Every Day Value™

- Italian Lemon Sparkling Water
- Italian Sparkling Orange/Lime/Pink Grapefruit Water
- Italian Strawberry Sparkling Water

Beverages (Cont'd)

Looza Fruit Juices

- Mango Nectar Juice
- Pear Nectar Juice

Bread

365 Organic Every Day Value™

- Tortilla Corn

Food For Life

- 7 Grain English Muffins
- Brown Rice Bread, Wheat & Gluten Free
- Cinnamon Raisin Bread
- Millet Bread, Wheat & Gluten Free
- Organic Ezekial Bread
- Organic Ezekiel Bread
- Raisin Pecan Bread, Wheat & Gluten Free
- Rice Almond Bread, Wheat & Gluten Free

Bread (Cont'd)

Food For Life

Rice Pecan Bread, Wheat & Gluten Free
Sprouted Ezekiel Tortillas
White Rice Bread, Wheat & Gluten Free

Food for Life

Yeast Free Multi Seed Rice Bread, Wheat & Gluten Free

French Meadow Bakery

European Sourdough Rye Bread

Kinnikinnick

Brown Sandwich Bread
White Sandwich Bread

Nature's Path

Carrot Raisin Bread

Pacific Bakery

Kamut Bread

Canned Goods

Eden Foods

Black Beans
Navy Beans
Pinto Beans

Pomi

Strained Tomatoes

Santa Cruz Organic

Organic Apricot Applesauce

Canned/Jarred Goods

365 Every Day Value™

Baby Corn
Green Ripe Pitted Olives
Jumbo Ripe Olives, Pitted
Large Ripe Olives, Pitted
Medium Ripe Olives, Pitted
Sliced Olives
Solid White Albacore Tuna
Solid White Albacore Tuna w/No Salt Added
Tongol Tuna, No Salt
Tongol Tuna, with Salt

Canned/Jarred Goods (Cont'd)

365 Organic Every Day Value™

Black Beans
Pinto Beans

Cereal

365 Organic Every Day Value™

High Fiber Cereal

Barbara's Bakery

Honey Rice Puffins Cereal

Health Valley

Corn Crunch ´Ems
Organic Amaranth Flakes
Rice Crunch ´Ems

Kashi

Cinna-Raisin Crunch Cereal

Nature's Path

Organic Puffed Rice Cereal
Shredded Oaty Bites Cereal

Us Mill

Uncle Sam Cereal

Chips, Pretzels and Snacks

Guiltless Gourmet

Tortilla Chips

Newman's Own Organic

Organic Thin Salt and Pepper Pretzels
Organic Thin Salted Pretzels

Coffee and Tea

365 Every Day Value™

Ground Hazelnut Coffee

Condiments

Organicville

Organic Dressing, Tarragon Dijon Vinaigrette
Organic Original BBQ Sauce

Condiments (Cont'd)

Santa Barbara

Martini Olives

Sierra Nevada

Pale Ale Honey Mustard

Westbrae

Unsweetened Un-Ketchup

Cookies and Snack Bars

365 Every Day Value™

Apple Cereal Bars

Blueberry Cereal Bars

Mixed Berry Cereal Bars

Strawberry Cereal Bars

365 Organic Every Day Value™

Fig Bar Cookies

Health Valley

Amaranth Graham Crackers

Oat Bran Graham Crackers

Kinnikinnick

KinniTOOS Chocolate Sandwich Creme Cookies

KinniTOOS Vanilla Sandwich Creme Cookies

Newman's Own Organic

Alphabet Chocolate Cookies

Alphabet Cinnamon Cookies

Crackers

365 Every Day Value™

Golden Stoneground Bite Size

Bisca

Organic Water Crackers

Edward & Sons

Brown Rice Snaps, Onion Garlic

Brown Rice Snaps, Tamari Seaweed

Brown Rice Snaps, Tamari Sesame

Brown Rice Snaps, Unsalted Sesame

Organic Brown Rice Snaps, Cheddar

Organic Brown Rice Snaps, Toasted Onion

Organic Brown Rice Snaps, Unsalted Plain

Organic Brown Rice Snaps, Vegetable

Crackers (Cont'd)

Kashi

Honey Sesame Crackers

Original Crackers

Dairy

Dannon

Vanilla Actimel

Horizon

Organic Low Fat Egg Nog

Organic Low Fat Sour Cream

Lactaid

Non Fat Lactaid Milk

Organic Valley

Organic 1% Low Fat Milk

Organic Skim Milk

Stonyfield Farm

Organic Banana Berry Yogurt Smoothie, 10 oz

Organic Fat Free Blueberry Yogurt, Fruit on the Bottom, 6 oz

Organic Low Fat Blueberry Yogurt, 6 oz

Organic Low Fat Caramel Yogurt

Organic Low Fat Just Peachy Yogurt, Fruit on the Bottom, 6 oz

Organic Low Fat Plain Yogurt, 32 oz

Organic Low Fat Strawberry Yogurt, Fruit on the Bottom, 6 oz

Organic Low Fat Vanilla Yogurt

Organic Peach Yogurt Smoothie, 10 oz

Organic Strawberry Yogurt Smoothie, 10 oz

White Wave

Black Cherry Soy Yogurt

Peach Soy Yogurt

Vanilla Soy Yogurt

Whole Soy

Vanilla Soy Yogurt

Dairy Alternatives

Pacific Foods

- Oat Vanilla Beverage
- Original Almond Milk Beverage

White Wave

- Non Dairy Vanilla Soy Beverage
- Soy French Vanilla Creamer
- Soy Hazelnut Creamer

Desserts

365 Every Day Value™

- Meyer Lemon Sorbet
- Passionfruit Sorbet

Ciao Bella

- Chocolate Sorbetto

Kozy Shack

- Chocolate Pudding
- Rice Pudding
- Tapioca Pudding

Oetker

- Organic Chocolate Pudding
- Organic Coconut Pudding
- Organic Mocha Pudding
- Organic Vanilla Pudding

Entrees and Mixes

365 Organic Every Day Value™

- Spaghetti Bolognese

Ethnic Foods

Edward & Sons

- Brown Rice Snaps, Tamari Seaweed
- Brown Rice Snaps, Tamari Sesame

Food Merchants

- Organic Polenta, Basil & Garlic
- Organic Polenta, Green Chili & Cilantro
- Organic Polenta, Sundried Tomato & Garlic
- Organic Polenta, Traditional

Manishevitz

- Matzo Ball Mix

Ethnic Foods (Cont'd)

Organicville

- Organic Sesame Teriyaki

Frozen Foods

365 Every Day Value™

- Berry Medley
- Frozen Chopped Spinach
- Frozen Fruit Whole Raspberries
- Frozen Fruit Whole Strawberries
- Frozen Sliced Peaches
- Frozen Whole Blueberries
- Meyer Lemon Sorbet
- Passionfruit Sorbet

365 Organic Every Day Value™

- Frozen Berry Blend
- Frozen Blackberries
- Frozen Raspberries
- Frozen Sliced Peaches
- Frozen Strawberries
- Frozen Wild Blueberries
- Spaghetti Bolognese

Ciao Bella

- Chocolate Sorbetto

Gardenburger

- Fat Free Veggie Gardenburger
- Low Fat Mushroom Gardenburger
- Mexican Gardenburger
- Veggie Burger Pattie

Haagen-Dazs

- Mango Sorbet
- Orchard Peach Sorbet
- Raspberry Frozen Yogurt
- Raspberry Sorbet
- Strawberry Sorbet

Ians

- Sweet Potato French Fries

Kashi

- Blueberry Waffles
- Original Waffles

Frozen Foods (Cont'd)

Kinnikinnick

Brown Sandwich Bread
White Sandwich Bread

Quorn Foods

Meat Free Ground Beef

Stonyfield Farm

Fat Free Dutch Chocolate Frozen Yogurt
Fat Free Mint Chocolate Chip Frozen Yogurt
Low Fat Creme Caramel Frozen Yogurt
Non Fat Vanilla Frozen Yogurt

Meat and Poultry

365 Organic Every Day Value™

Beef Jerky, Original
Beef Jerky, Peppered
Beef Jerky, Teriyaki

Nutritional Supplements

Whole Foods Market™

Vanilla Soy Protein Powder

Pasta

Bionaturae

Organic Spaghetti

DeBoles Foods

Fettucine Spinach Pasta

Dececco Pasta

Orecchiette Pasta
Rigate Penne Pasta
Rigatoni

Tinkyada

Brown Rice Elbow
Brown Rice Fettucini
Brown Rice Fusilli
Brown Rice Lasagne
Brown Rice Penne
Brown Rice Shells
Brown Rice Spirals
Organic Brown Rice Elbow
Organic Brown Rice Spaghetti

Pasta (Cont'd)

Tinkyada

Organic Brown Rice Spirals
Spinach Brown Rice Spaghetti
Vegetable Brown Rice Spirals

Vita-Spelt

Vita Spelt Organic White Spaghetti

Pasta Sauce

Muir Glen

Organic Fat Free Italian Pasta Sauce
Organic Fat Free Tomato Basil Pasta Sauce

Prepared Foods

Food Merchants

Organic Polenta, Basil & Garlic
Organic Polenta, Green Chili & Cilantro
Organic Polenta, Sundried Tomato & Garlic
Organic Polenta, Traditional

Sauces, Salsas and Dips

Organicville

Organic Medium Salsa
Organic Pineapple Salsa
Organic Sesame Teriyaki

The Wizard's Sauce

Organic Hot Stuff

Soups

Health Valley

Fat Free Vegetable Barley Soup
Minestrone Soup- Fat Free
Organic Potato & Leek Soup
Organic Split Pea Soup
Organic Vegetable Soup
Vegetable Soup - Fat Free

Spices and Seasonings

365 Every Day Value™

Caribbean Barbeque Seasoning
Southwestern Grill Seasoning